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must be inspired with the right spirit of nursing, i.e., of active sympathy with suffering, manifested by unwearied kindness and unselfish devotion to the patients entrusted to her care."

How cheering and encouraging to meet such a spirit in one who is still in the field—after nearly forty years of fighting for the preservation of the ethical spirit in nurse training.

CALIFORNIA AND THE FAR WEST: Suggestions for The West Bound Traveller. By K. E. M. Dumbell. James Pott and Company, New York. Price 75 cents.

This book appears opportunely since in spite of many deterrent happenings the Panama-Pacific International Exposition of 1915 seems to be assured. It does not claim to be historic like the Baedeker of world-wide fame, but offers suggestions for including as much as one may of the wonderful scenery of the far west in one transcontinental trip.

First of all the prospective traveller is assisted in the choice of a route; a difficult matter, because each of the three different ways suggested offer many attractions and one is anxious to see them all. Having made a choice, the next thing is to get just as much as possible out of it, missing nothing by the way, which the author makes easy. The book includes a map of the far west and a list of reliable hotels.